



## *The Human Ecology Foundation of Canada*

Hamilton

Kitchener

Ottawa

Toronto

send reply to: P.O. Box 11428  
Station "H"  
NEPEAN, Ontario  
K2H 7V1

MESSAGE FROM THE PRESIDENT - DECEMBER 1982

Seasons Greetings

We are pleased to announce that we have a new librarian - Janet Lee. The Ottawa Branch library is now located at 1273 Rideout Cr., Ottawa, K2C 2X9 (see map below). Feel free to call Janet (828-2547) when you wish to use the library. There is a dog in the house. If this presents any problems, give Janet a call and something can be worked out.

We encourage you to use the library. With a broader knowledge of your condition you will be better able to help yourself. For those who cannot visit the library, Janet will sent books to you but you must pay postage. If you have suggestions or recommendations concerning the library please advise Janet or any member of the Executive. We are here to serve you.

Janet and Eugene Sychla are in the process of reorganizing and updating the library. Would the member(s) who borrowed the following:

1. Sunnyhill - The Health Story of the 1980's  
by Bruce & Barbara Small
- X 2. Brain Allergy - Manual for those sensitive to food, drugs and chemicals. Environmental Health Association of Greater Washington
3. Hyperactivity, Learning Disabilities, Food and Food Additives: Any Connection? Article by L. Gilka, M.D.

please return them as they have been requested by other members.

We would like to sincerely thank Kathy Nihei, who, since the beginning of the Ottawa Branch, has tirelessly given her time and home to operating the Branch library. On behalf of our Executive and Members, Kathy, thank you, good health and good luck in your future endeavours.

For those of you who are not aware, wild game (moose, venison, bear, etc.) is available to members for their use only. If you require wild game due to your diet please call Lynda Brooks (836-4565).

We are pleased to announce that, at last, we have a central number which members can call to receive information. Lynda Brooks (836-4565) has generously volunteered to receive any calls from members or prospective members concerning any questions relating to the Human Ecology Foundation or environmental (ecological) illness.

In 1983 it is planned that members will receive the HEF Canada Quarterly early January, April, July and October and the local newsletter mid-February, May, August and November. Consequently members should receive some literature from their Foundation every six weeks. An updated library list will be included in the next local newsletter.

I would like to take this opportunity, on behalf of the Executive, to wish members and their families a Happy and Healthy New Year.

*J. Neil FitzPatrick*

J. Neil FitzPatrick  
President, Ottawa Branch  
Human Ecology Foundation of Canada

